

LUNCH MENU

SOUPS & STARTERS

marsh chili cup 6... bowl 7

marsh chicken veggie soup cup 5... bowl 6 **GF**

seasonal daily soups cup 5... bowl 6 *please inquire*

dip platter 11 **GF** *sub gf crackers*

hummus, sundried tomato & olive tapenade, white bean & leek dip, vegetables, olives, naan

french onion bacon dip 10 **GF** *sub gf crackers*
with cauliflower, swiss, gruyere, grilled bread

roasted carrots & brussels sprouts 8 **GF/DF** *no cheese*
roasted garlic and blue cheese crumble

shrimp on brioche 10 **GF** *sub gf bread /DF*
shrimp salad with red onion, dill, mayo, chili oil, on brioche toast

SALADS

Add to any salad: chicken...6, salmon...8 or tofu...4

marsh salad half 9... whole 11 **GF** *no croutons/DF no cheese*
field greens, tomato, carrot, cucumber, croutons, parmesan, herb vinaigrette

cowboy salad 15 **GF/DF** *sub dressing*
grilled flank steak, romaine, kale, frisee, roasted parsnips, asparagus, hearts of palm, creamy chimichurri dressing

grilled caesar salad half 9... whole 11 **GF** *no croutons*
grilled romaine, charred avocado, shaved parmesan, cornbread crouton, classic dressing

southwest cobb salad 13 **GF/DF** *no cheese, sub dressing*
grilled chicken, tomato, avocado, bacon, corn, hard-boiled egg, beans, cotija cheese, smoked poblano ranch dressing

roasted beet salad half 9... whole 11 **GF/DF** *no cheese*
arugula, goat cheese, pickled red onion, beets, pecans, dried apricots, roasted pear dressing

asian chicken salad 12 **GF/DF**
cabbage slaw, carrots, zucchini, microgreens, cashews, grilled chicken, candy ginger vinaigrette

SANDWICHES & ENTREES

*Sandwiches served with Marsh fridge pickles and choice of side: petite green salad, fresh fruit, kettle chips or raw veggies
Split charge... 4 Substitute gluten free bun or bread... 2*

daily sandwich 11 *please inquire*

knife & fork veggie sandwich 11 **GF** *sub gf bun /DF no cheese*
smoked portabella, roasted veggies, microgreens, melted provolone, cashew hummus spread, green goddess dressing

grass fed bison burger 14 **GF** *sub gf bun /DF no cheese*
caramelized onions & mushrooms, smoked gouda, skinny bun

grass fed lamb burger 12 **GF** *sub gf bread /DF no cheese/sauce*
tzatziki, pickled onions, tomato, grilled white cheese, tomato bun

turkey club 11 **GF** *sub gf bread /DF*
turkey breast, lettuce, tomato, bacon, avocado, smokey red pepper aioli on wild rice bread

grass fed pot roast 19 **GF/DF** *no crema*
squash parsnip mash, braised collard greens, herbed jus and horseradish crema

curry bowl 14 **GF/DF**
brown rice, chicken breast, spinach, tomatoes, sunchokes, lemongrass, ginger, basil, green coconut curry sauce

risotto cakes 16 **GF/DF** *no cheese*
risotto cakes (*with saffron, black rice, flax seed*), wilted escarole & brussels spouts, manchego, smoked corn puree

spaghetti 15 **DF/GF**
brown rice spaghetti, sautéed broccoli leaves, cherry tomatoes, chickpeas, pistachios, smoked garlic white wine sauce, shaved parmesan



Many of our dishes can be prepared as vegetarian - please ask your server.

While our kitchen is extremely cautious in preparing gluten free **GF** and dairy free **DF** items, please be aware there is always a chance of cross contamination. We encourage you to consider this with regard to your dietary requirements and needs. Ingredient list available upon request.